Introduction to Backpacking  
Mount Lemmon

**Packing List**

- 4 pairs of wool/synthetic socks
- Hiking boots and camp shoes
- Wool/Polypropylene Long Underwear (top & bottom)
- Shorts and long pants
- 2 Short Sleeved Shirts
- 2 Long Sleeved Shirts
- Mid weight wool/fleece jacket
- Heavy weight down or synthetic winter jacket
- Any lifesaving medication
- Toiletry Items
- 3 Water bottles - 1 Liter each
- Camera (optional)
- Sunscreen, lip balm
- Sun hat/wool hat, sunglasses
- Spare Batteries for Headlamp
- Money for Meals En Route
- Headlamp or small flashlight*
- Backpack*
- Sleeping bag rated to 20 F*
- Foam Pad*

* May be reserved from Outdoor Recreation at no additional cost.

OUTDOOR PROVIDES

- Transportation
- Meals while backpacking
- Entrance and Camp Fees
- Cooking and camping equipment
- Leadership and instruction

**Exertion Levels**

LOW  MODERATE  HIGH

The Santa Catalina Mountains are one of the most unique and beautiful backpacking destinations in the country with nearly 20 miles of remote hiking through the mountains. On this Outdoor REC trip, we will be utilizing a variety of lightweight equipment and techniques to keep our pack weight as low as possible, giving us more time and energy to explore the mountain. This trip is a great introduction to the sport of backpacking as well as a wonderful journey to a spectacular destination.

**Itinerary**

Subject to change

**Day One:**
- Arrive at OR, pack backpacks
- Depart OR, drive to Gordon Hirabayashi Recreation Site (Prison Camp)
- Walk ~1/4 mile to campsite
- Set up camp

**Day Two:**
- Eat breakfast
- Pack up camp and begin hiking East Fork Trail #39
- Rest and snacks
- Lunch at Palisade Trail
- Arrive at Hutch’s Pool
- Set up camp and eat dinner

**Day Three:**
- Coffee and breakfast
- Pack up camp and begin hiking
- Lunch at Sabino Canyon
- Optional break along the creek
- Arrive at Sabino Canyon Visitor Center, depart in vans
- Arrive at OR

For more information, contact Outdoor Recreation at outdoorrec@arizona.edu or (520) 621-8233.